



Base Bulletin

Vandenberg AFB, CA 93437-0759



17 December 2003

No. 51

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via e-mail to publishing.vafb@vandenberg.af.mil or to Publishing VAFB on the Global, or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/SCSP by noon Friday, the week before you want your item to appear. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.

SECTION I — ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961.

Safety Hazard: Dial 5-SAFE (If off base, dial 605-SAFE).

SECTION II — OFFICIAL

1. Team Vandenberg:

a. Retirement Ceremony: LtCol David D. Thompson, 2d Space Launch Squadron Commander, cordially invites you to the retirement ceremony of Major Ernest F. Albritton, honoring his 25-years of distinguished service. The ceremony will be held 19 Dec 03, 1000 at Bldg 7025 in the Western Range Operations Control Center (WROCC) Auditorium. A BBQ will be held at Cocheo Park following the reception. Contact: 2 SLS/MAF, Capt Mike Erdmann, 5-4259 or MSgt Kevin Williams, 5-4112. (2SLS/MAF)

b. Retirement Ceremony: Colonel Randy K. Turner, Commander, 30 Launch Group, requests your company at a retirement ceremony to recognize SMSgt Robert M. Plouffe's 24-years of dedicated service to his country. This ceremony will be held on 19 December 2003 at 1400, Bldg 8500, in the RRC. For additional information, please contact CMSgt Lewis at 6-6772. (30LGC/CCS)

c. Office Closure: The 30th Space Wing Command Section will be closed from 1300—1630 on 19 Dec 03. For emergencies, please contact 30SW/CCE at 588-9282. (30SW/CCA, 6-1318)

d. Pass and Registration: The 30th Security Forces Squadron, Pass and Registration office, will be extending hours to be open Saturday, 20 Dec 03, for vehicle decal registration. The hours of operation will be from 0800—1200. Normal duty hours are M, T, TH, F, 0800—1600 and Wednesday 1000—1600. For further questions contact Pass and Registration at 6-1853. (30SFS/SFOXI)

e. Breakers Holiday Meal: The Holiday meal will be held on 25 Dec 03, 1100, at the Breakers Dining Facility. All valid ID card holders and their family members are authorized to attend. Questions can be directed to 30 SVS at 6-3219. (30SVS/SVMX)

f. Volunteer Income Tax Assistance (VITA) Program: Volunteers are needed for the upcoming Volunteer Income Tax Assistance (VITA) program on Vandenberg AFB. No Prior Experience is Required!!! Volunteers are trained in the computerized preparation of income tax returns. Once trained, they are called upon to provide income tax assistance to the Vandenberg Air Force Base military community. Military retired and civilian volunteers are encouraged to volunteer their free time to work. Training, starting in January, is provided for preparation of Federal and California returns. If you are interested in helping your active duty and retired military community, please call 5-6224 for further information. (30SW/JA, 5-6224)

g. Team Vandenberg 2003, 4th Quarter Awards Suspense: All Company Grade Officer, Enlisted, Civilian, and Volunteer packages are due NLT 1630, **Tuesday, 30 Dec 03**. Hand Carry packages (except Civilian Category) to Bldg 10577, Rm C-104, 30 SW/JAE, addressed to 30 SW/CGO Board Facilitator, 30 SW/Enlisted Board Facilitator, or 30 SW Volunteer Board Facilitator. Deliver Civilian nomination packages to 30 MSS/DPMP, Bldg 11777, Rm C-216. Rules of Engagement/Criteria can be found at the following link: http://www.vandenberg.af.mil/awards_promotions/guidance/index.htm. Do not forget to use the new **IMT FORM 1206**, as we can no longer accept the FormFlow version. (30LCG/CCF, 6-3230)

TEAM VANDENBERG

h. New Laws Effective Jan 04: Children required to be in a safety seat, must now ride in the backseat of a car. Exceptions: if there's no rear seat or if you can't properly restrain the child. Children one-year-old or less, or weighing less than 20 pounds, must ride in the back seat if there's an active passenger side bag. California law will also restrict video displays in the front seat, unless they're for global positioning systems. Parents could also face a misdemeanor next year if they knowingly provide alcohol to anyone under 21-years-old who then drives and causes an accident. (I wonder whether this will apply to all adults who provide alcohol to under-aged drinkers...) More to come. (30SW/SEGB, 6-8804)

i. Runner Safety Notice: Every Tuesday and Thursday from 0710 to 0740, 120 members of 30CES practice a 1.5-mile run that involves crossing Washington Ave between South Dakota Ave and Alaska Way. This course also involves running along the sides of these streets. For safety precautions, road guards and traffic cones are used to direct traffic away from runners. Please look out for the runners, road guards, and use caution. (30CES/CEX, 6-8342)

j. All Building 7000 Users: Renovation of the hallways in Bldgs 7000 and 7000A has started and is scheduled for completion in October 2004. Work started on the 3rd floor and will progress to the 1st floor. All areas of the building will be open during the renovation. We apologize for any inconvenience this may cause. For additional information contact Richard "Dick" Farrell or Jerry Crouthers at 5-2293. (InDyne/WROCI)

k. Airman Against Drunk Driving (AADD): Call us and we will come get you. 605-AADD/606-AADD. We care, do you? (30CES/CCS, 6-3612)

2. 30th Space Communications Squadron: (30SCS)

Public Address: Has your unit requested Public Address Support? The holidays are fast approaching and most of you are going to attend at least one unit party. 30 SWI 33-113 requires two weeks notice prior to your event. December is an extremely busy month for us so please plan ahead. Please call Mr. Jody Morgan, at 6-8137. (WROCI/InDyne C&I Systems)

3. Traffic Management Office: (30LRS)

a. Shipping/Receiving Packages Via Federal Express: Attention all base organizations that ship and/or receive packages via Federal Express: Under the DOD approved GSA contract, FedEx is authorized to transport unmarked classified packages to up a classification of SECRET. Any packages you receive from FedEx must be treated as classified material until it is determined to be otherwise. When shipping classified items, they must be processed through TMO Cargo Movement unless other arrangements have been made. TMO must be advised on the classification level. Any questions may be directed to TSgt Scott, ext 6-3381. (30LRS/LGRDC)

b. Attention TMO Customers: If you have recently arrived PCS and have household goods in storage awaiting quarters, schedule delivery of your personal property as soon as you have a firm address and move in date. Local agents may not be able to provide prompt delivery services if they are not provided sufficient lead-time. Contact SSgt Agcaoli, 6-0906. (30LRS/LGRT)

4. Civilian Personnel: (30MSS/DPCE, 6-5847)

a. Voluntary Leave Transfer Program: Johnna DeSimone - Schriever AFB, Sandra Jernigan, Betty O'Herlihy, Howard Brown, and Tim Jones - Luke AFB, Michael Baca - HQ ARPC/MS, Glenda Bennet - Peterson AFB, Ethel Carter, Richard Porterfield, and Sue Sommers - Scott AFB, Betty Dean - Dyess AFB, Carolyn DeLaGarza - Langley AFB, Contine Francis and Janice Shinkle - Macdill AFB, Delores Green and Yvonne Williams - Dobbins ARB, Wilson Holloway and Frank Valentik - Avon Park AFR, Jane Kelsey and Earle Tasse - Eglin AFB, Roberta Clark, Eileen Clemmons, Theresa Currier, and Jennifer Mac Davitt - Patrick AFB, Stephanie Manning - Sheppard AFB, Earl Mikula - Buckley AFB, Dotsy Parnell - Shaw AFB, Jacquelyn Schmidt - AF Academy, and Michael Zarbo - Ramstein AB are all in need of leave donations. Civilian employees who would like to donate a portion of their annual leave must complete an OPM 630-A. You can go by Bldg 11777, Rm B-103 to pick-up and/or turn in your form. You can access this form on the web at: <http://www.opm.gov/FORMS/PDF/FILL/opm630A.pdf> (30MSS/DPCE, 6-5847)

b. Thrift Savings Plan (TSP) Open Season ends on 31 Dec 03: FERS employees may elect to contribute up to 14 percent of their basic pay and CSRS employees may contribute up to 9 percent of their basic pay. The new contribution amounts will be effective dependent upon the date the employee makes their contribution election. **FERS** employees who are affected by the annual limit on elective deferrals should be cautious regarding the effective date of an increase in their contribution amount. Timing is extremely important to ensure these employees do not reach their annual limit prior to the end of the year. The Internal Revenue Service has announced the annual limit on elective deferrals will increase to \$13,000 in 2004. Federal civilian employees can use the Benefits and Entitlements Service Team (BEST) automated system, 1-

800-997-2378, or the EBIS website <http://www.afpc.randolph.af.mil/dpc/best/menu.htm> to change the allocation of the funds you are contributing to, access the TSP website at <http://www.tsp.gov>. (30MSS/DPCE, 6-5847)

c. Catch-Up Contributions - Employees wishing to make 2004 TSP Catch-Up Contributions may make their election anytime on or after 30 Nov 03. The first **pay date** in which Calendar Year 2004 TSP Catch-Up Contributions will be made is 2 January 2004. To enroll or obtain information about the program, eligible employee should visit the BEST Homepage <http://www.afpc.randolph.af.mil/dpc/best/menu.htm> and make their election via either the BEST-automated web or phone. The maximum allowable amount for catch-up contributions for 2004 is \$3,000. Catch-up contributions will automatically stop with the last pay date in the calendar year (19 Dec 03) or upon reaching the maximum catch-up dollar limit for the year. Participants must make a new election each year. Employees who turn age 50 between 1 Jan and 31 Dec 04 may submit your election on or after 1 Jan 04. You may access the following website for more detailed information on the TSP catch-up contributions: <http://www.afpc.randolph.af.mil/dpc/BEST/Catch-Up.htm>. As a reminder, employees can make TSP Catch-Up Contributions year-round: (30MSS/DPCE, 6-5847)

5. 30th Medical Group: (30MDG)

a. Clinic Closure: The Vandenberg Clinic will be closed 18 Dec 03 for the Mandatory Readiness Training. Urgent needs call 606-CARE or 1-888-252-3299. Please plan ahead for appointments and pharmacy refills. (30MDOS/SGO, 6-3308)

b. New Pharmacy Automated System: Effective 15 Dec 03, we are implementing a new automated system that will decrease human error and enhance patient safety. You may experience an increase in waiting times (in excess of 1 hour) for the next 3-6 months. Please be patient as we are working to provide you with better care. Contact: SSgt Heather Agnew at 6-7440. (30MDOS/SGO, 6-3308)

c. New Flight/Missile Medicine Sick Call Hours: Beginning 1 Jan 04, Flight/Missile Medicine's new Active Duty sick call times will be from 0730—0800. Friendly reminder: sick call is designed for patients who are unable to wait for an appointment. Examples would be vomiting, diarrhea, severe pain, etc. For more routine ailments, such as, soreness, medication refills, and waiver renewal appointments, please continue to make scheduled appointments by calling Flight/Missile Medicine at 606-5560. When using Flight/Missile Medicine sick call, we ask that patients arrive between 0715 and 0730 to ensure that we can see you in a timely manner. Dependents needing a sick call appointment should call Flight/ Missile Medicine at 606-5560 for further instructions. (30MDOS/SGO, 6-3308)

d. Attention TRICARE Prime Travelers: Whether you or a family member travels during the holidays, remember to carry your TRICARE Prime card. As an enrollee in Prime, you will need an advance authorization from your PCM to use a military medical facility for other than primary care services at a clinic, which serves as your PCM. You also need advance authorization for any non-emergency care you may receive while you're away from the area in which you're enrolled in TRICARE Prime. You won't need advance authorization for emergency services, but be sure you obtain documentation of the emergency nature of the care, such as a statement from the attending physician. A medical emergency is the sudden and unexpected onset of a medical condition, or the acute worsening of a chronic condition, that is threatening to life, limb or eye sight, and which requires immediate medical treatment, or which requires treatment to relieve suffering from painful symptoms. Medical emergencies include heart attacks, cardiovascular accidents, poisoning, convulsions, kidney stones, and other acute conditions. Pregnancy-related medical emergencies must involve a sudden and unexpected medical complication that puts the mother, the baby, or both, at risk. If you have an "urgent" medical problem, but can't get to your PCM, call your Health Care Finder for instructions. The toll-free number for the Health Care Finder is on your Prime ID card. An urgent medical problem is a medical situation that isn't life threatening, but you think you need medical care. Remember, if it isn't an emergency, you need permission first, even to see a military doctor, other than your assigned PCM. You won't need a referral for pharmacy services that you obtain at a Prime network pharmacy or at a military medical facility's pharmacy. (30MDG/SGO, 6-3308)

6. 30th Security Forces Squadron: (30SFS)

a. Neighborhood Watch Program: This program is run by you and designed to help ensure a safe and secure neighborhood. If interested in starting this program in your area call 5-0792. (30SFS/SFOS)

b. Vacation Quarters Check: If you live in base housing and plan to take leave or go TDY, have Security Forces check your home while you are gone. To make arrangements, stop by the Law Enforcement Desk, Bldg 13675. For more information call 5-0792. (30SFS/SFOS)

c. Firearms Registration: IAW 30 SWI 31-101, Installation Security Program, Paragraph 14.3.1, states all base residents who own or possess firearms must register them with the Pass and Registration Office. To

initiate the process, request an AF Form 1314, Firearms Registration, from your orderly room. After completing in triplicate, take the signed form to Bldg, 11777, Rm C-111. For more information, contact your Resource Protection Monitor, or call 5-0797. (30SFS/SFOSP)

OFFICIAL

FRANK GALLEGOS
Colonel, USAF
Commander

Mary E. Meyer
Chief, Publishing Management

SECTION III — UNOFFICIAL**General Information:**

a. Peacekeeper Dormitory Movie Theatre Grand Opening: GI Java, now another Air Force first...the 30th MSG would like to invite you to the grand opening of the Peacekeeper Dormitory Movie Theatre. This innovative project was conceived 2-years ago by your Unaccompanied Housing Team and construction commenced 6-months ago. Rather than condemn the Peacekeeper as proposed, Team V turned this building into a state-of-the-art dayroom for dormitory residents to take pride in & enjoy during their off-duty time. This dormitory theatre features a 21-person soundproof stadium-seating environment & reclining theatre seating. Equipment in the theatre includes; a 56" High Definition Television, progressive scan DVD player, Hi-Fi VHS player, and Dolby Digital 5.1 surround sound system. This theatre not only has impressive equipment, but first-run movies will also be provided by AAFES. Additionally, the residents can also bring and view DVD's of their own. The theatre will be available to the dorm residents 24/7. The much-anticipated opening will be scheduled to take place on 17 Dec 03, at 1600. Come see the impressive work your unaccompanied housing managers have accomplished for our most important assets, our AIRMEN! (30 MSG/CCH, 5-2048)

b. Attention Military Personnel Assigned To Vandenberg: Lodging has been granted a waiver to allow Space A to book now for the Holidays and to confirm stays up to ten days in lodging quarters (\$29.00 per night) now through 5 Jan 04, (waiver ends 5 Jan 04) for friends and relatives of military personnel assigned to this base. This is a great opportunity to invite friends and relatives to visit and stay in our quarters. To book call Mike Green at 5-7831 or 6-1844, for 0-6 and above, call 6-3711. (30SVS/SVML)

c. Going To A Holiday Party? Spend the night at Lodging for only \$29.00 per night. Under a special waiver, you may book a VQ now for your party night. To be eligible you must be active duty military or retired military or civilian (DOD) on active duty (waiver expires 5 Jan 04). Call Mike Green at 5-7831 or 6-1844 to book. (30SVS/SVML, 6-1844)

d. Parent Advisory Board Meeting: There will be a quarterly Parent Advisory Board meeting on Thursday, 18 Dec 03 at 1500 at the Base Library. Contact Ms. Verna Brown, 6-1555. (30 CES/CEOEA, 5-3544)

e. Vandenberg Enlisted Action Team Meeting: The next VEAT meeting is 18 Dec 03 at 1000 and will be held at GI Java. We will be serving free coffee and cookies. (30MDOS/SGDD, 6-1846)

f. Defense Support Program (DSP) Flight 22 Patches: The 14th Air Force Missile Warning Operations branch is selling these patches, \$5.00 each with Velcro attached, prior to the upcoming launch of DSP Flight 22 from Cape Canaveral, FL on 14 Feb 04. Anyone interested can call 6-6053 or e-mail Major Rick Rogers at richard.rogers@vandenberg.af.mil or SSgt Tom Dickerson at thomas.dickerson@vandenberg.af.mil to view or buy a patch. (14AF/A330)

g. CPR Instructor Course: The Santa Barbara County Red Cross will be holding a series of classes leading to certification as a CPR Instructor. Teaching this class is a great way to keep your skills fresh, and provide a life saving skill to other members of the community. Classes will be held at the Santa Maria Office, 222 W. Carmen Lane, Suite 222. Prerequisites: Must be at least 17 years old, and must attend all sessions. There is a total of 22 hours of instruction for the two required courses, "Fundamentals of Instructor Training", and "Instructor Course in the First Aid/CPR/AED Program." Classes begin Monday, 12 Jan 04 and conclude Thursday 23 Jan 04. Classes are Monday, Wednesday, and Thursday evening from 1800—2100 or 1800—2200. Candidates completing the course will be authorized to teach American Red Cross First Aid, Adult,

Infant, Child CPR, and AED. Cost of the entire course is \$120.00. If you teach two or more volunteer Community Classes in Santa Barbara County in the next 12-months you will receive a refund of \$50.00. For more information or to register call 928-0778. (30SCS/SCSP, 6-7892)

h. Tutors Needed: Los Padres Elementary School is looking for volunteer tutors, daily, 1430—1600. For more information call Susan at 734-2524 or e-mail prentisss@lompoc.k12.ca.us

Health and Wellness Center: (30MDG/HAWC, 6-2221)

a. Tobacco Cessation Class: This is a six-week class held on Tuesday, from 1200—1300 geared toward helping individuals quit tobacco for good. For class dates and more information contact the HAWC at 6-2221.

b. Sensible Weigh Program: This is a four-week class held at the HAWC on Wednesday from 1400—1530 and on Thursday from 0800—0930, (class #3 is held at the Commissary). This class helps individuals lose weight and learn healthy eating habits. For more information and to sign up, call the HAWC at 6-2221.

c. Breastfeeding and Infant Care: This class is offered to help new Moms with the proper tips and techniques of breastfeeding as well as Infant Care (Dads are highly encouraged to attend). Class is offered quarterly for more information please call the HAWC at 6-2221.

d. Exercising During Pregnancy: This class gives expectant Moms the guidelines for staying fit while pregnant and is offered quarterly. For more information please call the HAWC at 6-2221.

e. Risk Reduction Series: A series of 3 classes offered on Thursday at the HAWC from 1400—1600. The first Thursday covers Diabetes, the second Thursday covers Cholesterol/Heart Disease and the third Thursday covers High Blood Pressure. For more information or to sign-up please call the HAWC at 6-2221.

f. Body Fat Taping: The HAWC conducts Body Fat Taping every day during the following hours: Monday, Wednesday & Friday from 1000—1100 and Tuesday and Thursday from 1300—1400.

Chapel: (30SW/HC, 6-5773)

a. Worship Schedule: Catholic Mass: Saturday, 1615—1645 confessions; 1700 Chapel II; Sun 1000, Chapel I, Daily Mass 1130 M-F, Chapel II. **Protestant:** Praise & Worship 0830 Sunday, Chapel II; Gospel 1130 Sunday, Chapel II; Traditional 1130 Sunday, Chapel I.

b. The Vandenberg Jewish Community: Hebrew and Bar Mitzvah classes are ongoing on base. These classes are open to all children with base access. Please call Randee Van Ness at 734-3311.

c. Vandenberg Officer Christian Fellowship: Vandenberg Officer Christian Fellowship (OCF) is a non-denominational bible study meeting Thursday nights, 1900, at the home of Maj Keith and Christy Keana, 612 Cherry St. Come join us for a time of study, fellowship and prayer. Please contact Maj Keana or Christy at 734-0696 (home) or 6-6461 for more information. Keith.keana@vandenberg.af.mil

d. Holiday Worship Service Schedule: Please call the Chapel at 6-5773 for further Holiday Information or activities.

24 Dec 03	1700	Christmas Children's Mass	Chapel I
24 Dec 03	1930	Protestant Christmas Eve Candlelight Service	Chapel I
25 Dec 03	1000	Christmas Day Mass	Chapel I
25 Dec 03	1130	Protestant Christmas Day Service	Chapel I
26 Dec 03	1900	Hanukkah Service & Dinner	Chapel I
28 Dec 03	1130	Combined Protestant Worship Service	Chapel I
31 Dec 03	1700	New Year's Vigil Mass	Chapel II
31 Dec 03	2200	Watchnight Service	Chapel II

Family Support Center: (To pre-register for all classes, workshops, and seminars, call the designated point of contact, 30MSS/DPF, 6-0039).

a. Office Closure: The Family Support Center is closed for staff training every Monday from 0730—0930. Personnel requiring emergency Air Force Aid will be assisted. Call 6-0039.

b. Office Closure: The Family Support Center will be closed for an official staff function on Friday, 19 Dec 03, from 1100—1300. Personnel requiring emergency Air Force Aid will be assisted. Call 169-0750 for assistance.

c. 2004/2005 General Henry H Arnold Education Grant Program: Last year the Air Force Aid Society awarded \$5.25 million in college education grants to Air Force dependents. Your son, daughter, or spouse could be an eligible candidate. Visit your Family Support Center or the Society's web site www.afas.org for information and application for this grant. Don't automatically think you won't qualify. What have you got to lose? A \$1500 college grant!

d. Winning Interviews: Wednesday, 17 Dec 03, 1300—1530. Receive information on preparing before the interview up to the follow up letter. Learn the fundamentals of interviewing, necessary preparations, types of

interviews, and what to expect. Workshop is open to all active duty personnel, spouses, family members, retirees, and DoD civilians.

e. Women, Infants & Children (WIC): Thursday, 18 Dec 03. The satellite office is at the Family Support Center from 0800—1630 for Vandenberg personnel who met program requirements. WIC is a nutrition education program, which provides supplemental food, which promotes good health for pregnant, breastfeeding and postpartum women, infants and children up to age 5. For more information call the Lompoc WIC office at 737-6470.

f. Global Hearts Holiday Workshop: Saturday, 20 Dec 03, 0900—1200 at the Education Center across the street from the Commissary, 144 Wyoming. This workshop is for the children of our deployed members. The kids will get to make crafts for their parents as gifts, decorate holiday cookies, and play games. Parents are not required to stay with their children. For more information call Lt Cathy Braxton at 737-4814.

g. BabyMeet: Meets Tuesday and Thursday at 0900 at the Religious Education Center, Bldg 16140. If you are pregnant or the parent of a baby between the age of newborn to 2 years, this is an opportunity to get together with other families for discussions and socialization. Contact Lora at 734-1461.

h. Playtime for Tots: Meets Wednesday mornings at 1000. This playgroup is for parents and children ages 2 to 5. Contact Sully at 734-2089.

i. VAFB Mothers of Twins Group: If you would like to get together with other parents of multiples to discuss everything from bed rest and triple strollers to potty training and separate classrooms, please join us. We are forming a new support group for families. For further information contact Karen Duncan at 734-1654 or KSDSM@aol.com

30th Services Squadron: (30SVS/SVK, 6-276)

a. Auto Hobby Shop: (30SVS/SVRA, 6-6014)

- **Auto Safety Class:** 22 Dec 03. "Testing/Servicing Your Battery." Sign up at the Auto Hobby Shop.
- **Early Bird Shop:** Tuesday - Thursday, shop opens at 1000.

b. Surf Lanes Bowling Center: (30SVS/SVRB, 6-3209/734-1310)

- **New Year's Party:** 31 Dec 03, 2100—0100. Welcome in the New Year at Surf Lanes! Enjoy an exciting night of Thunder Alley and Colorama with breakfast after midnight and a bottle of non-alcoholic champagne. Cost is \$25, for adults 18-years and over. Pre-register by 22 Dec 03.
- **Airmen's Night:** Thursday, 1700—2100. Every Thursday night at the Bowling Center, E-4's and under bowl for just \$1 per game.
- **Dollar Days:** Thursday, 1800—2100. \$1 per person per game.
- **Thunder Alley:** Thursday, 1800—2100, Friday, 2200—0100, Saturday, 2100—2400. Catch the ultimate glow bowl experience 3 nights a week!

c. Breakers Dining: (30SVS/SVMF, 6-7540)

- **Dial-a-Menu:** Call our telephone menu service and find out what's being served in your dining facility. The number is 6-8234.
- **Deployed Spouses:** Thursday, 1800. Open to all spouses and dependents of deployed members. This offers spouses a chance every week to socialize with other spouses and gives them a break from cooking. E-4 and below pay cost of food only, E5 and above include surcharge.

d. Child Development Center: (30SVS/SVYC, 6-1555)

- **Give Parents a Break:** This program offers parents one evening of child-care per month for parents who need a break. Give us a call and find out how you can qualify.
- **Drop-in Care Available:** The Child Development Center is open to active duty military, DOD civilians, and DOD contractors, as well as reservists placed on active duty for training. The CDC has drop in care for \$3.50 an hour on a space available basis.

e. Family Child Care: (30SVS/SVYD, 6-3255)

- **Provider Training:** The need for Child Care Providers has never been greater! Help make a difference and find out how you can become a licensed childcare provider. Contact Gwendolyn Jones at 6-4639 or 6-3255.

f. Fitness Center: (30SVS/SVMP, 6-3832)

- **Spin on a Schwinn:** Now until 19 Dec 03, take a 10-minute ride on our new stationary bike from Schwinn, then tell what you think with a quick survey and you'll have a chance to take the bike home with you!
- **Holiday Family Walk:** 17 Dec 03, 1200. Stop by the Fitness Center for course map.
- **Air Force Wrestling Camp:** 20 Dec 03. Deadline for entries into the next training camp held at Mountain Home AFB, CO. This camp runs from 12 Feb 04 through 11 Apr 04. Contact the Fitness Center for more information.

g. Library: (30SVS/SVMG, 6-6414)

- **Pre-School Story Time:** 18 Dec 03, 1000.
- **Dial-a-Story:** The phone number is 6-4300. Available 24/7, story changes each Sunday.

h. Marshallia Ranch Golf Course: (30SVS/SVRG, 6-6262)

- **Holiday Turkey Shoot:** 20 Dec 03, 0730. Sign up at the Pro Shop.
- **Winter Open:** 3-4 Jan 04. Sign up at the Pro Shop. Entry fee is \$20.
- **Youth Golf Lessons:** Saturday, 1330. Lessons are available for youth ages 8-years and up. Cost is \$5 each session including use of rental club set and range balls.

i. Outdoor Recreation/Equipment Checkout: (30SVS/SVRO, 6-5908)**j. Pacific Coast Club:** (30SVS/SVRMC, 734-4375 or 734-4376)**Entertainment/Events:**

- **Around The World:** Join us for our new "Around The World" promotion as we explore 20 beers from 20 different countries. A new beer will be available every Friday for a two-week period. Pick up your passport card today!
- **70s & 80s Night:** 19 Dec 03, 2100—0200, in the E-Lounge.
- **Karaoke Night:** 19 Dec 03, 1900—2300, in the O-Lounge.
- **Mug Night:** 20 Dec 03, 2100-0200, in the E-Lounge.
- **Football Frenzy:** 22 Dec 03, 1700. Green Bay Packers vs. Oakland Raiders.
- **New Year's Celebration:** 31 Dec 03, 2100—0200. Welcome in 2004 with the traditional New Year's bash! Cost is \$5 for members and \$10 for non-members. Includes party favors and breakfast at 0030.
- **Bonanza Bingo:** Play Bonanza Bingo at the Club 7 days a week for just \$1 per ticket! You may win up to \$1000.

Menu:

- **New Foggio's Evening Hours:** Sunday, 1700—2000, Monday - Thursday, 1700—2100, Friday, 1600—2200, Saturday, 1700—2100.
- **Mongolian BBQ:** 17 Dec 03, 1800—2000.
- **Pasta Mania:** 18 Dec 03, 1700—2000.
- **Monday Pizza Special:** 22 Dec 03. Members get \$5 off any large pizza from Foggio's during Monday evening hours. Non-members get \$3 off. (No coupons, no delivery)
- **Weekly Lunch Schedule:** Monday - Lunch Special, Tuesday - Mexican, Italian, or Oriental Buffet (rotates weekly), Wednesday - Santa Maria BBQ Buffet, Thursday - Chicken and Ribs Buffet, Friday - Seafood Buffet.

k. Rod & Gun: (30SVS/SVRR, 6-4560)

- **Open Shoot:** Open Trap & Skeet shoot every Wednesday, Friday and Saturday morning at 0830.

l. Services Center: (30SVS/SVYR, 6-7976)

- **Santa Visits Base Housing:** Volunteers needed to help make home deliveries. Dates are Monday through Thursday, 15-18, 22-23 Dec 03. If you are interested, contact the Services Center at 6-7976.
- **UPS Shipping:** Looking to send off those holiday packages? Stop by the Services Center where UPS shipping is available Monday through Friday from 0800—1700.
- **Natural Knead Massage:** New extended hours! Monday-Friday open until 1900. Special holiday gift baskets and gift certificates are now available.

m. Skills Development: (30SVS/SVRS, 6-6438)

- **Stained-Glass Workshop:** 17 Dec 03, 1700. \$2.50 per hour + cost of materials.
- **Scrapbooking Workshop:** 18 Dec 03, 1800—2100. \$2.50 per hour + cost of materials.

n. Swimming Pool: (30SVS/SVRO, 6-3581)

- **Pool Open:** The maintenance work has been completed, and the pool has resumed regular hours.
- **Lap Swimming:** Monday-Friday, 1000—1300.
- **Water Aerobics:** Monday, Wednesday, Friday, 1300—1345.

o. Veterinary Clinic: (30SVS/SVRV, 6-3019)

- **Clinic Day:** Thursday is the normal clinic day. Pets can be seen by appointment only by calling us at 6-3019. The appointment schedule is released every Friday for the following Thursday.

p. Youth Center: (30SVS/SVYY, 6-2152)

- **Membership Drive:** 15-19 Dec 03 at the Youth Center. Find out what great things the Youth Center has to offer for the upcoming year. Sign up during our December drive and save \$5 on your 2004 membership.
- **Teen Job Search 101:** 18 Dec 03, 1300—1600. Make sure to stop by the Youth Center computer room for this informational seminar on job-related topics for teens.
- **Holiday Shopping Trip:** 20 Dec 03, 1300—1800. Cost is \$5 for this shopping trip to the Santa Maria

Mall. Sign up at the Youth Center.

Education Center: (30MSS/DPHE, 5-5904)

- a. Office Closure:** The Base Education Office, including Formal Training, Base Training and Civilian Training, will close at 1200 on Friday, 19 Dec 03, for an official function and reopen on 22 Dec 03. Please refer any questions to 5-5904.
- b. Attention - Schedule Change:** The Education Flight will be closing our doors every Friday starting 19 Dec 03 and will resume full schedule on 31 Jan 04. Please make adjustments to stop by our offices prior to Friday. Thanks for your understanding during this time. (30MSS/DPHE, 5-5903)
- c. Spouse Scholarship Available:** Please stop by the Education Services Center to pick up information on the Spouse Scholarship Program funded by the Aerospace Education Foundation. Applications can be found at Bldg 14001, 144 Wyoming Avenue, Education Office (across the street from the Commissary). Applications are accepted now until 30 Jan 04. The 30, \$1,000 scholarships will be awarded in March. Applicants will receive a notification of their application status by the Aerospace Education Foundation. For more information, please call Ms. Jacquie Estrada at 5-5903. (30MSS/DPHE)
- d. Online Teacher Certification Program:** The South Carolina T3 Coalition is pleased to announce that the online teacher certification program is now open to spouses and other civilian employees. This unique teacher certification program, which has been open to military participants for almost two years, allows participants to complete nine online courses to prepare for new careers in public education. Following completion of online coursework, participants serve one-year paid internships in South Carolina public schools. The program is currently offering South Carolina teacher certification in science, math, or English/Language Arts. For additional information on the program, visit the following web site: www.hehd.clemson.edu/TTT (30MSS/DPHE, 5-5903)
- e. Embry Riddle Aeronautical University:** Embry Riddle Aeronautical University offers two undergraduate degree programs in Professional Aeronautics and Technical Management. We also offer two graduate programs: Master of Aeronautical Science and Master of Science in Management with seven specializations including Safety and Space. The graduate classes are offered at our off base location at 3875F Constellation Road, Lompoc. Registration for the Spring 2004 term begins 08 Dec 03 and continues through 19 December 03. Visit our website at www.erau.edu/vandenberg or call the office for current information regarding admissions and our programs. Embry-Riddle is in the Education Complex, 144 Wyoming Ave. Rm A-1. Office hours are Monday—Thursday 0830 to 1730 and Friday 0900 to 1200. Our phone numbers are 6-6557/734-4076. Our email is Vandenberg.Center@erau.edu.
- f. Gift Donations:** Embry-Riddle Aeronautical University, Vandenberg Center is collecting donations of gifts for local teenagers who are in foster care in Lompoc and Santa Maria. The holiday season is a difficult time for those who reside in foster care and are away from their families. Every contribution will make this difficult time easier for these teenagers. The assigned Social Workers have provided "wish lists" from the teenagers that are in their care. These "wish lists" are in the form of Christmas Angels. Anyone wishing to participate in this gift drive is welcome to come to the Center office and "pick" an angel off the Christmas tree. Contributions will be collected during regular office hours, Monday—Thursday, 0900 to 1730 and on Friday from 0900 to 12 00. Donations are tax deductible.

Computer Training: (InDyne, 6-3771)

- a. Personal Computer Systems Training:** Call for information and dates for our new classes, Adobe Acrobat Writer, Photoshop Elements, and Advanced Access. Learn Introduction to Computers -- A basic class for beginners; Word 2000; Word Advanced; Excel 2000; Excel Advanced; PowerPoint 2000; Access 2000 Beginning; Access 2000 Intermediate; Access 2000 Advanced; Access Lab; Palm PDA Beginning; Project 2000; Publisher 2000; Front Page 2000; Outlook 2000; and Outlook Email Only (a class specifically for those in process of getting an email account). In addition to the existing traditional demonstration/lecture courses offered at the Computer Training Facility located within Bldg 9360, InDyne, Inc. also reserves 4 hour blocks of time specifically for those students interested in completing Computer Based Training (CBT) Courseware. This provides an alternate method for those who are unable to satisfactorily complete CBTs at their Personal Computer in their work environment. Slots are available both in the morning and afternoon time frames. Call 6-3771, or e-mail: lexi.schwartz@vandenberg.af.mil
- b. Computer Tips: First Tip:** Update Excel links manually: 1. Choose Links on the Edit menu, 2. From the Source File list, select a file to which the workbook is linked, 3. Click "Update Now", 4. Repeat Steps 2 and 3 to update any other links to any other source files, 5. Click OK. **Second Tip:** Open an Access object in Design view when you double-click on it: When you need to open an object in Design view, you probably select the object in the Database window and then click the Design button. However, there's a quicker way to open an

object in Design view. Simply hold down the **CTRL** key and double-click on the appropriate object icon in the Database window.

c. Available Classes: Following are classes scheduled for the next two weeks, which have open slots:

Class	Date(s)	Time
Computer Based Training	17 Dec 03	1245—1600
Computer Based Training	17 Dec 03	0800—1100
Photo - Cropping and Cloning	17 Dec 03	1130—1230
Information Technology EC Training	17 Dec 03	0900—1100
Computer Based Training	18 Dec 03	1245—1600
Computer Based Training	18 Dec 03	0800—1100
Computer Based Training	19 Dec 03	1245—1600
Computer Based Training	19 Dec 03	0800—1100
Excel - Macros	19 Dec 03	1130—1230
PWRR	19 Dec 03	1300—1600

Note: Walk-ins are always welcomed!

Items For Sale:

For Sale: 2001 Ford Explorer Sport Utility 2D A/C, rear air, power steering, windows, door locks, seat. Tilt wheel, cruise control, CD, privacy glass running boards, V6 4.0Liter automatic 50K + highway miles, excellent condition. Must sell. Make an acceptable offer. Leave message, 734-1292.

For Sale: 2001 Ford Mustang (Red); only has 37,000 miles-comes with 7/70,000 ext warranty; V6/manual; very clean car. Asking \$10,500 OBO. Please call 734-0215 for more information.

For Sale: 1995 BMW convertible, \$13,900, Call 734-1289

For Sale: 1959 VW Beetle. Asking \$3,000 OBO. Can be seen at Used Car Lot. Please call 734-0215 for more information.

For Sale: 2002 Honda CR80 Dirt Bike, Pro Taper Bars, PBI sprockets and chain, FMF Turbine Core II, New fork seals, stand and many spare parts. \$2,500 Call 736-1568.

For Sale: 2001 Honda CR250 Dirt Bike, Low hours, FMF Fatty pipe, FMF Turbine Core II, Rental Bars, DID Gold Chain, PBI sprockets, brand new spare piston and rings and EZ lift stand. \$3,500 Call 736-1568.

For Sale: 2000 Ranger R-61 bass boat, Yamaha C-90, Minn-kota 50lb. thrust, two fishing chairs, plus hydraulic pedestal seat, 2 Garmin 160s, on-board charger, custom cover. Paid \$15,925 total, asking \$11,300 OBO. 734-6795

For Sale: American made 4-stringed Kay Banjo. Immaculate, like new w/case and music. Must see to appreciate, \$250 OBO. Solid mahogany secretary desk w/4-drawers, \$175 OBO. Call 934-1051 after 1700.

For Sale: Bassett Queen Shenandoah Pine Poster Bed. Brand New! No mattresses or bedrails. Bought new \$850; will take \$300 OBO. Call 734-1137

For Sale: Micron computer, 19-inch monitor, keyboard and mouse, bought new for \$2,300, asking \$600 OBO. Call Nate or Nikki at 734-0651.

For Sale: Palm IIIc and Smart Pad, like new with years of extras; small leather case, stylus', clear plastic protectors, charger and software for both. \$400 OBO. Amiga Computer in mint condition with hundreds of games. \$500 OBO. Young boy's solid wood desk and matching six-drawer dresser, very cool and tough looking, 3 yrs old. \$300 OBO. Interesting electronic or comic related barter considered! Call 734-1664.

For Sale: Chain link fence, 2 gates, top rails and all hardware, fence taken down and garaged, \$350 worth of material. I will deliver. \$150 OBO. 734-1289.

Free: Free Maytag washer and dryer. You pick up. 733-4481.

For Sale: Pit/Lab mix. Great with people and other dogs. Likes attention. \$20 OBO. Call 734-0290.

Wanted: Math tutor for pre-algebra and algebra. If you can help a no-love for math person, please rescue me and call 734-1137.